

WHAT IS CLAIMED IS:

1. A data storage and communication network for the control and operation of an exercise unit, comprising:

an exercise unit adapted for electronic communication of user status, unit

5 status, and unit operational information;

a central information processing system in electronic communication with said exercise unit, said communication being secure from unauthorized interference;

at least one first data storage means associated with said processing system adapted to receive status and identity information relating to a unique user of said exercise unit;

at least one second data storage means associated with said processing system adapted to receive status and operational information relating to said exercise unit;

first data output means for the selective display of said user status information; and

15 second data output means for the selective display of said exercise unit status and operational information.